

Eldercare

Tips for Caregivers

Get organized: make a list of your parent's medications and doctors. Gather important paperwork (advance directives, wills, insurance policies) and keep it in a safe, easily accessible place.

Learn more about your parent's health condition: do research and ask questions during doctor's appointments to gain a good understanding of your loved one's medical condition and treatment plan.

Be open to technologies and ideas that promote your parent's independence.

Make decisions appropriate for current circumstances and keep options open for changing situations that may alter how caregiving must be provided.

Be proactive and develop a strategy to address future needs.